

Lose to Win 2015 Are You Ready?

Start the New Year off right and sign-up for Lose to Win 2015! This 8-week healthy weight loss program is designed to improve your overall lifestyle and help you reach your fitness goals! By combining individualized attention with the energy of a group, this program will help you meet your weight loss and total body conditioning goals! Early registration begins November 24!

BLACK FRIDAY SPECIALS

FRIDAY, NOVEMBER 28, 2014

ONE DAY ONLY! CHECK OUT OUR "BLACK FRIDAY SPECIALS" – SALES GALORE!

Help Relieve the Holiday Tension

Let our Spa take the stress out of your holiday season gift giving with our Gift Certificates. They are the ideal gift for relieving holiday tension and pressure!

Holiday Theft

To decrease the potential for holiday theft there are a few things to keep in mind . . .

- Do not leave valuable items visible in your cars and be sure to lock your personal items in the lockers within the locker rooms.
- Do not bring or leave bags, purses, etc. on the Fitness Floor during your workouts - the Fitness Center is not responsible for items left unattended.
- Be aware of items left in common areas as they can be a source of tripping/accidents.

Personal Training Looking to lose weight or get in shape for an upcoming event? Need extra motivation to reach your goals? If so, our team of Certified Personal Trainers can work with you to create an exercise program specifically tailored to your needs to help you reach your fitness goals! For more information on our Personal Trainers, contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

Cell Phone Usage

Cell phone usage is prohibited on the fitness floor, track, group exercise studios, pool and locker room areas. If you are observed using your cell phone in any of these areas, a member of our staff will kindly remind you of our policy and ask that you use your cell phone in the café or lobby areas. Thank you in advance for your cooperation.



Join during the month of December and receive a reduced enrollment fee* (*monthly dues apply) when you donate a new, unwrapped toy (toy must be in original packaging).

Winter Workout Guidelines

1. Check the thermometer – Make it a habit to check the thermometer and wind chill before you leave your home. If properly dressed, it's safe to exercise when the temperature is as low as 20 degrees. Danger to exposed skin occurs when the wind chill factor falls below minus 20 degrees.
2. Layer wisely – Wear thin layers of clothing that can easily be peeled off rather than one single, heavy layer. Choose breathable fabrics to avoid sweat build up, which will make you feel colder.
3. Start conservatively – Start your workout at half of your usual warm-weather distance. (if you normally run 4 miles, start with 2) or try warming up indoors for 5 minutes before heading out.
4. Map warmer routes – Avoid running, walking or biking down paths near water or in open spaces to reduce exposure to heavy winds.
5. Stay dry, even after you sweat – Get out of damp clothes as soon as possible, even if you are unable to shower and clean up immediately, and get into dry clothes.

Give the Gift of Good Health

Refer a friend or co-worker to Lake Forest or Lindenhurst Health & Fitness Center and for every one of your friends who join, you receive Club Cash! Call our Membership Department to learn more TODAY!!

Holiday HOURS

Lake Forest Health & Fitness Center

Thanksgiving Day, November 27
Club: 7:00 a.m. – 1:00 p.m.
FitKids: 9:00 a.m. – 12:00 p.m.
Café will be closed.
Christmas Eve, December 24
Club: 5:00 a.m. – 1:00 p.m.
FitKids: 9:00 a.m. – 12:00 p.m.

Christmas Day Club will be closed

New Year's Eve, December 31
Club: 5:00 a.m. – 1:00 p.m.
FitKids: 9:00 a.m. – 12:00 p.m.

New Year's Day, January 1
Club: 7:00 a.m. – 1:00 p.m.
Fitkids: Closed

Lindenhurst Health & Fitness Center

Thanksgiving Day, November 27
Club: 7:00 a.m. – 1:00 p.m.
FitKids: 8:00 a.m. – 12:00 p.m.
ClubFit: 9:00 a.m. – 12:00 p.m.
Christmas Eve, December 24
Club: 5:00 a.m. – 1:00 p.m.
FitKids: 8:00 a.m. – 12:00 p.m.
ClubFit: 9:00 a.m. – 12:00 p.m.
Christmas Day Club will be closed

New Year's Eve, December 31
Club: 5:00 a.m. – 1:00 p.m.
FitKids: 8:00 a.m. – 12:00 p.m.
ClubFit: 9:00 a.m. – 12:00 p.m.
New Year's Day, January 1
Club: 7:00 a.m. – 1:00 p.m.
Fitkids: Closed
ClubFit: Closed



Mark your calendars Member Holiday Party

Thursday, December 11, 2014. 5:00 p.m. – 7:00 p.m.
Bring a friend and join us as we enjoy drinks, appetizers, music, dancing and more! You'll enjoy extended FITKIDS® hours! (Please call ahead with child reservations) Your children will enjoy our special FITKIDS® activities and a visit from Santa. Register at the front desk or call 847.535.7060.

Commit to Be Fit

Want a new way to train and get results? Commit to Be Fit is the program for you! Do you find it hard to accomplish your fitness goals? Has your strength training reached a plateau? Are you training for an upcoming sporting event? This unique four-week program will be tailored to your needs to help you reach your fitness goals. Commit to Be Fit consists of (3) one-hour strength training sessions and (2) one-hour cardio sessions each week with one of our Certified Personal Trainers to help increase your focus and level of success. Become a member today and enjoy \$0 enrollment and SAVE on this program! Contact Kristina Wrezel at 847.535.7038 to learn more!

Get your Holiday groove OMMM

on Saturday, November 29, 8:30 a.m. – 10:00 a.m.
for Yoga Jam. Beginning and ending with meditation, this 1.5 hour yoga practice is a powerful, all levels practice, that is sure to revitalize the spirit.
Yoga By: Fiona McCarthy & Jenny Guzon-Bae
Music. By: DJ Taz Rashid.

Registration at front desk required.

Complimentary for members, \$10 for guests.

Group Exercise Holiday Schedule

Group exercise will have a revised class schedule Thursday, November 27 thru Sunday, November 30 for the Thanksgiving holiday. Check it out on our website or pick one up at the front desk.

Thanksgiving Day - Thursday, November 27

Group Exercise Schedule:

Club Hours: 7:00 a.m. – 1:00 p.m.

8:00 a.m. Core Crunch Pre-Munch – Samantha

8:30 a.m. Total Body Pre-Turkey Tone – Samantha

8:30 a.m. The Gratitude Ride – Ed

9:00 a.m. Toasty Toes Arthritis – Ali

9:00 a.m. Metabolize AQUAcize – Carl

9:30 – 10:45 a.m. Thankful Yoga Flow – Fiona

10:00 a.m. Toasty Toes Arthritis – Ali

The holiday season is upon us which means special holiday schedules! Group exercise will have two revised schedules on:

Monday, December 22 thru Sunday, December 28

Monday, December 29 thru Sunday, January 4

Holiday Trivia Spin

Tuesday, November 25 from 9:15 a.m. – 10:30 a.m.
Test your knowledge regarding holiday movies and music during this 1.25 hour spin class as Lora leads you through a Holiday Trivia Spin Hour! Yell out the answer to questions as you sweat your mind and body; you may even win a prize! Spin tag is required for class entry.

Arthritis: Registration forms for the next Arthritis Session can be picked up at the front desk starting Monday, November 24, 2014.

The current Arthritis session ends on Sunday, December 14. A new session will begin on Monday, December 15.

- All arthritis participants must fill out a Health History Questionnaire with their registration form.
- Registration for members begins on Monday, December 1, 2014. Registration for non-members begins on Monday, December 8, 2014.

ENJOY YOUR PARTY! WE GOT THE KIDS!

Host your next event in our Banquet Room while your children enjoy their fun in FITKIDS®! For more information or to make a reservation, please contact Krystle at 847.535.7152 or klove@lfh.org.



The Spa

December – Purchase a spa gift card during the holidays and receive a 20% OFF coupon to pamper yourself on your next spa service

January – Try a different Massage Therapist every week in January.

- Week of January 5, 15% OFF All Massages with Richard
- Week of January 12, 15% OFF All Massages with Anna
- Week of January 19, 15% OFF All Massages with Candy
- Week of January 26, 15% OFF All Massages with Amanda and Irene

New Group Exercises schedules begin on Monday, January 5, 2015.
Group Exercise Rotation Schedule is available on our website: lakeforesthfc.com

Cooking Demo

Come to a complimentary cooking demo on Monday, December 15 at 10:30 a.m. and sample some tasty food prepared by one of our chefs. Our dietitian will explain the healthiest ways to prepare your meals. Call 847.535.7060 to register or stop by our front desk today!

Student Memberships

Student Limited Memberships are available for purchase while students are home for winter break. Students must go to school 25+ miles away from Lake Forest Health and Fitness Center, and show a valid student ID upon purchase.

1 week \$50.00	1 month \$100.00
2 month \$175.00	3 month \$250.00

Boys Youth Wellness

for ages 8-12 and 13-16. Next session will start on January 5, 2015. Feel good about yourself, even after the endorphins wear off! Eight week course focuses on: Strength, Flexibility, Nutrition, Endurance, Weight loss, Team building, Confidence, and Agility. Register now to reserve your spot. Space is limited. For more information contact Anthony Simone at 847.535.7140 or asimone@nm.org

Annual Assessment

Time to find out if all of your hard work and sweat is making a difference! Members who joined during the month of December, 2013 and January, 2014 are eligible to receive their annual assessment. Please stop by the Fitness Desk to schedule yours today!

During the month of December we will be conducting a complimentary Waist/Hip Circumference. This will be held in the main lobby on December 15 and December 17 from 9:00 a.m. – 10:00 a.m. and 4:30 p.m. – 5:30 p.m.

During the month of January we will be running a Cholesterol and Glucose Full Lipid Panel Screening. This will be held in the Fitness Assessment Room on Tuesday, January 20 and Thursday, January 22 from 9:00 a.m. – 11:00 a.m. and 4:30 p.m. – 6:30 p.m. These will be held in 15 minute increments and must be reserved ahead of time. The fee is \$25 for members and \$35 for non-members. To schedule your time slot please call Bo Wright at 847.535.7139 or email at bwright@nm.org.

Mark your calendars Member Holiday Party

Sunday, December 7, 1:00 p.m. – 3:00 p.m.
Bring a friend and join us as we enjoy drinks, appetizers, music, dancing and more! You'll enjoy extended FITKIDS® hours! (Please call ahead with child reservations) Your children will enjoy our special FITKIDS® activities and a visit from Santa! Register at the front desk by calling 847.535.7601.

Fitness Assessment

We will be offering full panel cholesterol screenings the 3rd Friday of each month. To schedule your appointment, please contact Brian Balkam at bbalkam@nm.org. \$25 for members and \$35 for non-members.

Annual Assessment

Time to find out if all of your hard work has paid off! Members who joined during December of 2013 and January of 2014 are eligible to receive their free annual assessment! Please stop by the fitness desk to schedule your annual assessment.

Student Memberships

Student Limited Memberships are available for purchase while students are home for winter break. Students must go to school 25+ miles away from Lindenhurst Health and Fitness Center, and show a valid student ID upon purchase.

1 week \$30.00 1 month \$60.00
2 months \$120.00 3 months \$180.00

SPA SPECIALS

December is the season to Give! When you purchase a spa Gift Certificate for someone else, you will receive a 20% off coupon for yourself! Coupons expire January 31, 2015.

This January The Spa will be offering 15% off a service with each Massage Therapist and Esthetician every week. Watch for upcoming dates so you can book with your favorite service provider, or take this opportunity to try a service with someone new.

Pro Shop Sale events

December 8 - 14, 2014

Holiday BOGO Sale

Clear off your holiday shopping list with great stocking stuffers such as Polar heart rate monitors, Wigwam socks and kickboxing accessories. Take advantage of the BOGO sale. All men's and women's apparel will be buy 1 get 1 at 30% off.

January 12 - 18, 2015

Winter Clearance Sale

Select items will be discounted 40-60% off.



Spin-A-Thon & Go Pink Zumbathon Sock Hop

Two fundraisers were held this Fall in the group exercise department. A Spin-A-Thon on Friday, September 12 and Go Pink Zumbathon Sock Hop on Friday, October 10. With all your support and effort we raised \$350 to benefit the American Cancer Society. A special thanks to all those who attended both events and helped us raise money for a great cause!

Pilates Reformer Demo sessions

The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. Participants see changes in core strength, as well as increased endurance, flexibility and reduction in body fat. During the month of November, join our new Pilates Instructor, Cindy, as she takes you through a 30-minute demo session! Stop by the fitness desk to reserve your spot as space is limited! For more details about the Pilates Reformer, rates or to schedule a session, please contact Kristina Wrezel, Fitness Director, at 847.535.7038 or email kwrezel@nm.org.

Group Exercise 30-Minute Introductory Classes in January

January 10, 8:00 a.m.
Step, Multi-Purpose Room

January 17, 8:00 a.m.
Spinning, Spin Studio

January 24, 8:45 a.m.
BodyCombat, Multi-Purpose Room

January 31, 8:45 a.m.
Bodypump, Multi-Purpose Room

Registration is required. Sign-up at the Front Desk.

Thanksgiving Day Group Exercise Schedule

9:15 a.m.-10:00 a.m.

SPINNING: Tabata for Turkeys with Amy P.

9:15 a.m. -10:00a.m.

ZUMBA: A Thanksgiving Throw down with Amy R.

10:05a.m.-10:35 a.m.

Turkey Total Body Strength with Amy R.

9:30 a.m.-10:20 a.m.

Arthritis Warm Water Workout with Mary

10:15 a.m.-11:00 a.m.

H2O Cardio Blast with Amy P.

10:15 a.m.-11:15 a.m.

Thankful Yoga with Elaine

The day after Thanksgiving the following classes will not be held: 5:15a.m. Spinning & 5:30 a.m. H.I.I.T Training (All other on-going Friday classes will be held beginning at 8:45 a.m.)

Holiday Group Exercise Schedule:

Regular on-going classes will be held on Christmas Eve and New Year's Eve. The club will close at 1:00 p.m. We are closed on Christmas Day. A revised schedule will be posted for New Year's Day.

GROUP EXERCISE:

The weekly class substitution and rotation schedule is available on our website: lindenhursthfc.com.



PAINTING PARTIES

People are always looking for fun, new ways to enjoy a night out with friends, and parents are always looking for ways to entertain children on days off from school that don't cost a fortune!

FITKIDS® is pleased to announce our affiliation with Social Artworking, a revolutionary way for adults and children to learn to paint - no experience needed. The concept of the program is that an individual will sign up to paint a design and within a few hours your art is ready to take home!! The Social Artworking Program contains many designs ranging from landscapes and florals to cute, funky designs for kids. The designs are age appropriate and fun for all. Completed canvases will be on display in FITKIDS® so you may choose the design.

FITKIDS® & ClubFit Holiday Rates

FITKIDS® and ClubFit will be offering a special rate for the holidays for those families not signed up for our program. Parents may add their children for a special rate. This rate will be effective for:

Thanksgiving Week: Saturday, November 22 through Sunday, November 30 at \$10 per child.

In addition, we will offer a special rate for Winter Break from Saturday, December 20 through Sunday, January 4 at \$15 per child. As a reminder, the usual daily drop-in rate is \$10 per child per day. This rate only applies to those not paying a monthly dependent fee. If you have any questions, please call Angela Fuggiti- FITKIDS® Manager at 847.535.7618.

Upcoming Painting and Design Classes:

For Kids: Ages 6 and up.
\$15 per child/member and \$20 non-member.
All supplies are included.

Tuesday, November 25 – Design an Elf
12:30 – 2:00 p.m. (Thanksgiving Break)

Saturday, December 6 – Design a Reindeer
2:00 – 3:30 p.m.

Monday, December 22 – Design a Reindeer
12:30 – 2:00 p.m. (Winter Break)

Friday, January 2 – Bubble Gum Pop
12:30 – 2:00 p.m. (Winter Break)

Monday, January 19 – Snow Pals I
12:30 – 2:00 p.m. (No School)

Ladies Night (and Day) Out:
\$30 per member and \$35 per non-member.
All supplies are included.

Friday, November 21–Snow Pals II 6:00 – 9:00 p.m.

Friday, December 5–Snow pals I 6:00 – 9:00 p.m.

Monday, December 8–Noel Poinsettia 1:00 – 3:00 p.m.

Friday, December 19–Jingle Tree 6:00 – 9:00 p.m.

Monday, January 12–Tea for Two 1:00 – 3:00 p.m.

Friday, January 30–Martini Mayhem 6:00 – 9:00 p.m.

Our painting parties are a perfect way to celebrate birthdays, church group events, bachelorette parties, etc. You name the occasion-we will customize your event! Call the front desk at 847.535.7601 for more information!

HAPPY HOLIDAYS FROM THE AQUATIC STAFF

The entire Aquatic Department staff wishes everyone a wonderful holiday season! This can be a busy time of year so we hope you remember to take time to enjoy your friends and family. Thank you for your patronage. Please remember that Group swim lessons will not meet the week of November 24 through November 29 due to the Thanksgiving holiday. Upon your return, there will be three weeks remaining in Session 8; ending date of the session is December 20.

Private and semi-private lessons will meet the week of Thanksgiving unless arrangements are made with the instructor. Be sure to check out our Black Friday sales. There will be some deals you may be interested in taking advantage of!

Children's Group Swim Session 1 of 2015 dates:

Session 1 – January 5, 2015 through February 21, 2015 (classes meet once a week for 7 weeks).

Member registration begins December 17 (take advantage of this early registration opportunity). Non-member registration begins December 20.

Enjoy some fun with the family in the pool during our Supervised Swim. There is a lifeguard on duty during these times.

Days and times are:

Tuesday 3:30-5:30 p.m.

Friday 6:00-8:00 p.m.

Saturday 12:00-2:00 p.m.

Sunday 12:00-2:00 p.m.

All members are welcome. You may bring a non-member as your guest, but they must sign in and pay a guest fee at the front desk when you check in. Hope to see you in the pool!

NEW YEAR'S RESOLUTION IDEA FOR YOU

Why not take the winter months to better your swimming skills? NEW PROGRAM - Be sure to be on the lookout for our non-competitive Adult Swim Club offered from January thru April of 2015. Look for more specific information to appear around the club and on our website in December. There will be an opportunity to take advantage of early registration prices. Contact the Aquatic office with any questions or concerns at 847.535.7611.

Pool Rules and Regulations:

* Do not swim alone.

* Shower before entering the pool(s).

* Refrain from wearing perfumes/cologne during your workout. Please remember to follow all pool rules and respect the lifeguard - they are the authority on the deck!